



## APS Skills, Habits, and Mindsets Student Survey SY 23-24

Grades 6-12

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

### Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for several months at a time?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

2. If you fail to reach an important goal, how likely are you to try again?

- Not at all likely       Slightly likely       Somewhat likely       Quite likely       Extremely likely

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

- Not at all focused       Slightly focused       Somewhat focused       Quite focused       Extremely focused

4. If you have a problem while working towards an important goal, how well can you keep working?

- Not well at all       Slightly well       Somewhat well       Quite well       Extremely well

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

- Not at all likely       Slightly likely       Somewhat likely       Quite likely       Extremely likely

### Your Current Classes

Please tell us about how you feel about your current teachers and classes.

6. How confident are you that you can complete all the work that is assigned in your classes?

- Not at all confident       Slightly confident       Somewhat confident       Quite confident       Extremely confident

7. When complicated ideas are presented in class, how confident are you that you can understand them?

- Not at all confident       Slightly confident       Somewhat confident       Quite confident       Extremely confident

8. How confident are you that you can learn all the material presented in your classes?

- Not at all confident       Slightly confident       Somewhat confident       Quite confident       Extremely confident



9. How confident are you that you can do the hardest work that is assigned in your classes?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

10. How confident are you that you will remember what you learned in your current classes, next year?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident

### Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

11. How carefully did you listen to other people's points of view?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully

12. How often did you come to class prepared?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

13. How much did you care about other people's feelings?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount

14. How often did you follow directions in class?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

15. How well did you get along with students who are different from you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well

16. How often did you get your work done right away, instead of waiting until the last minute?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

17. How often were you polite to adults?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

18. How often did you compliment others' accomplishments?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time

19. How often did you pay attention and resist distractions?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost all the time



20. How clearly were you able to describe your feelings?

- Not at all clearly       Slightly clearly       Somewhat clearly       Quite clearly       Extremely clearly

21. When you were working independently, how often did you stay focused?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

22. When others disagreed with you, how respectful were you of their views?

- Not at all respectful       Slightly respectful       Somewhat respectful       Quite respectful       Extremely respectful

23. How often did you remain calm, even when someone was bothering you or saying bad things?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

24. To what extent were you able to stand up for yourself without putting others down?

- Not at all       A little bit       Somewhat       Quite a bit       A tremendous amount

25. How often did you allow others to speak without interruption?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

26. To what extent were you able to disagree with others without starting an argument?

- Not at all       A little bit       Somewhat       Quite a bit       A tremendous amount

27. How often were you polite to other students?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

28. How often did you keep your temper in check?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

### Feelings About Being at School

In this section, we would like to understand how you feel about your school.

29. How well do people at your school understand you as a person?

- Do not understand at all       Understand a little       Understand somewhat       Understand quite a bit       Completely understand

30. How connected do you feel to the adults at your school?

- Not at all connected       Slightly connected       Somewhat connected       Quite connected       Extremely connected



31. How much respect do students in your school show you?

No respect at all

A little bit of respect

Some respect

Quite a bit of respect

A tremendous amount of respect

32. How much do you matter to others at this school?

Do not matter at all

Matter a little bit

Matter somewhat

Matter quite a bit

Matter a tremendous amount

33. Overall, how much do you feel like you belong at your school?

Do not belong at all

Belong a little bit

Belong somewhat

Belong quite a bit

Completely belong

34. What can teachers or other adults at school do to better support you?

---

---

SAMPLE FORM



For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

### Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How often are people disrespectful to others at your school?

Almost never       Once in a while       Sometimes       Frequently       Almost always

2. How positive or negative is the energy of the school?

Very negative       Somewhat negative       Slightly negative       Neither negative nor positive       Slightly positive       Somewhat positive       Very positive

3. How often do students get into physical fights at your school?

Almost never       Once in a while       Sometimes       Frequently       Almost always

4. How pleasant or unpleasant is the physical space at your school?

Very unpleasant       Somewhat unpleasant       Slightly unpleasant       Neither pleasant nor unpleasant       Slightly pleasant       Somewhat pleasant       Very pleasant

5. How likely is it that someone from your school will bully you online?

Not at all likely       Slightly likely       Somewhat likely       Quite likely       Extremely likely

6. How fair or unfair are the rules for the students at this school?

Very unfair       Somewhat unfair       Slightly unfair       Neither unfair nor fair       Slightly fair       Somewhat fair       Very fair

7. How often do you worry about violence at your school?

Almost never       Once in a while       Sometimes       Frequently       Almost always

8. At your school, how much does the behavior of other students hurt or help your learning?

Hurts my learning a tremendous amount       Hurts my learning some       Hurts my learning a little bit       Neither helps nor hurts my learning       Helps my learning a little bit       Helps my learning some       Helps my learning a tremendous amount



9. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

- Not at all difficult       Slightly difficult       Somewhat difficult       Quite difficult       Extremely difficult

10. How often do your teachers seem excited to be teaching your classes?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

11. At your school, how unfairly do the adults treat the students?

- Not at all unfairly       Slightly unfairly       Somewhat unfairly       Quite unfairly       Extremely unfairly

### Your Teachers During Class

Please tell us about how much your teachers encourage you to do your best.

12. How often do your teachers make you explain your answers?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

13. When you feel like giving up on a difficult task, how likely is it that your teachers will make you keep trying?

- Not at all likely       Slightly likely       Somewhat likely       Quite likely       Extremely likely

14. How much do your teachers encourage you to do your best?

- Do not encourage me at all       Encourage me a little       Encourage me some       Encourage me quite a bit       Encourage me a tremendous amount

15. How often do your teachers take time to make sure you understand the material?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

16. Overall, how high are your teachers' expectations of you?

- Not high at all       Slightly high       Somewhat high       Quite high       Extremely high